



Special
Pull-Out
Checklist

Things to Bring to the Hospital

We want to make your stay in the hospital as enjoyable as possible. Here are a few things to bring when you are admitted. You can check them off as you pack your bag(s).

NOTE: None of these items are provided by the hospital.

CARE CONCERNS

- Insurance provider card
- Obstetrical office history, if your healthcare provider has given you a copy
- Notes on past medical history and surgical history, including any allergies you have
- A list of any medications or supplements that you take at home (*name, dose or strength, and instructions for taking*)
- Pharmacy name and phone number where you get prescriptions filled
- Advance Directives and/or Living Will, as desired
- Name, location and phone number of your new baby's doctor (*pediatrician or family practitioner*)

COMFORT CONCERNS

- Lotion or oil for massage
- Lip balm, lipstick or petroleum jelly to moisten lips
- One or more items for back massage (*tennis balls, back pillow, small rolling pin, cold pack*)
- Brush and comb; or a band for long hair
- Socks
- Mouthwash, toothpaste and toothbrush
- Sour lollipops or flavored candy sticks
- Pillows or other personal items that may be comforting (*we suggest items that are disposable or easily washed*)
- Pad, pencils and pens
- Contact lenses and case, lens solutions, eye glass case
- Favorite tapes or CDs
- Robe and slippers to walk during labor
- Focal point, as desired

SUPPORT CONCERNS

- Nutritional snacks for your partner (*avoid snacks with strong aroma*)
- Any medications your partner needs to take (*including over-the-counter medications*)
- Watch with a second hand
- Camera with film or a video camera
- Cards, books and travel games
- Change for vending machines
- Birth Plan, as desired (*see tear-off sheet: "Personalizing My Birth Experience"*)

FOR THE POSTPARTUM PERIOD

- Robe and/or nightgown and slippers
- Bras and underwear
- Toiletries: Shampoo, toothbrush and toothpaste, soap, deodorant, brush, makeup, etc. (*hair dryers are available on request*)
- A going-home outfit for you (*loose clothing may be more comfortable*)
- Phone numbers of family and friends

WHAT TO BRING FOR BABY

- Carseat: Keep the carseat in the car unless your caregiver asks you to bring it inside. (*Information about carseats and carseat safety are discussed in detail in Month 4 of this calendar, or call 1-800-227-2358 for more carseat information.*)
- An outfit for baby to wear home. Consider a T-shirt, sleeper, booties, blanket and hat (*avoid ruffles, nylon and stiff materials*)
- An outfit for the baby picture and/or video, if you choose
- Sweater and/or bunting or warm blanket (*in very cold weather*)